

The Portland Resource

Aging and
Disability
Resource Center

**SPECIAL
Summer
Edition!**



Happy Summer All!

Here is a **SPECIAL** Summer Edition of the Portland Resource for you to enjoy!

There have been so many additional events and information put out since our last newsletter was distributed and we didn't want you to miss anything!

Enjoy!! 😊

You can get a copy of The Portland Resource by

- Requesting your name be added to the mailing list (either by email or mail) by calling (920) 929-3466 or emailing adrc@fdlco.wi.gov
- Picking up a copy at the Fond du Lac Senior Center, Ripon Senior Center & Library, Senior Services (city/county building) or at the ADRC.
- Going to the ADRC website

Any feedback or questions, please contact Jackie at (920) 929-7506.

Contact Us

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The Aging & Disability
Resource Center of
Fond du Lac County is
located at

**50 N. Portland
Street
Fond du Lac, WI
54935**

Office Hours:

Monday-Friday

8:00 am- 4:30 pm

(920) 929-3466

www.fdlco.wi.gov/adrc

**Walk-Ins
Welcome!**



2016 PROJECT HEATS ON

The Plumbers and Steamfitters Local 400 of the Fox River Valley and the Department of Senior Services of Fond du Lac County are sponsoring the “**Heats On Program**”

On Saturday, September 24th beginning at 8:30 a.m. The “Heat’s On” community assistance program is working to improve the health and welfare of our communities by ensuring their heating systems are safe and reliable for the upcoming winter. The Project “Heats On” volunteers will come into your home to inspect your heating system, change furnace filters and inspect smoke alarms and put new batteries in them. This is will be an annual program for the senior citizen homeowners in Fond du Lac.

Application deadline is August 29, 2016.



To Qualify:

- Need to be 60 years of age or older
- Homeowner and have a current property tax bill
- Reside in City of Fond du Lac or Village of North Fond du Lac
- Be within the income guidelines:
 - Single \$1,732 monthly/\$20,790 annually
 - Couple \$2,336 monthly/\$28,035 annually

Please contact Julie Hilbert, Benefit Specialist for Fond du Lac County at 929-3521 to sign up and register for this exciting free service.

“Stepping On” Falls Prevention Classes are still available!

Contact the ADRC at (920) 929-3466 to sign up for the August-September class in North Fond du Lac or the September-October class in Fond du Lac!

What is Stepping On?

Stepping On is a program that has been researched and proven to reduce falls in older people.

It consists of a workshop that meets for two hours a week for seven weeks. Workshops are led by a health professional and a peer leader – someone who, just like you, is concerned about falls. In addition, local guest experts provide information on exercise, vision, safety, and medications.

Topics include:

- Simple and fun balance and strength training
- The role vision plays in keeping your balance
- How medications can contribute to falls
- Ways to keep from falling when out in your community
- What to look for in safe footwear
- How to eliminate falls hazards from your home

Is this workshop for you?

Stepping On is designed specifically for anyone who:

- Is 60 or older
- Has had a fall in the past year
- Is fearful of falling
- Lives at home
- Does not have dementia

2016 SCHEDULE



Wednesdays April 13 to May 25

9am to 11am

ADRC

50 N Portland St, Fond du Lac



Wednesdays August 10 to September 21

1:30pm to 3:30pm

N Fond du Lac Community Center

280 Garfield St, N Fond du Lac



Wednesdays September 14 to October 25

9am to 11am

Aurora Health Care Center

210 Wisconsin American Dr, Fond du Lac



Please Call

Fond du Lac County ADRC

920-929-3466

PARKINSON'S DANCE CLASS

MONDAY, AUGUST 8, 2016 FROM 10:00-11:00
AM AT FOND DU LAC FAMILY YMCA

The Parkinson's Dance Class brings the art of dance to people living with Parkinson's Disease (PD). Dancing is shown to help people with Parkinson's disease improve their ability to walk and enhances their quality of life (according to research published in the Journal of Neural Transmission, Oct. 2015). The class is modeled after The Dance for PD® approach which was founded by David Leventhal of the Mark Morris Dance Group, Brooklyn, NY.

Cost: \$5.00 at the door for person with Parkinson's disease

Free for spouse or significant other to join in

KATE MANN, PROFESSIONAL DANCE EDUCATOR
FROM MILWAUKEE, WILL BE LEADING THE
CLASS.

This great event is brought to you by:

Fond du Lac County Department of Senior Services and the Fond du
Lac Family YMCA

Pre-registration is encouraged. To register or for more information:
Contact Lori Anderson at 920.906.4792 or lori.anderson@fdlcowi.gov.

Living with Moderate Alzheimer's disease

for family caregivers of persons with
moderate Alzheimer's disease or
related dementia



Living with Moderate Alzheimer's Disease

This three part program includes many topics for caregivers of individuals with moderate Alzheimer's disease. Topics to be covered include understanding the symptoms and care needs, understanding relationship changes, learning ways to maximize safety, preparation for emergencies, and learning how to get respite care. Effective strategies will also be discussed regarding personal care and managing challenging behaviors.

Location:

Aging & Disability Resource Center
Lower Level, Room A
50 N. Portland Street
Fond du Lac, WI 54935

Presenter:

Ginny Nyhuis, Regional Services Manager
Alzheimer's Association
Southeastern Wisconsin Chapter

Date and Time:

Three consecutive Tuesdays
August 2, 9 and 16, 2016
1:00 - 3:00 pm

Registration:

Pre-registration is required.
Please call Deborah Klement,
800.272.3900 or 414.479.8800;
or email dklement@alz.org

Dementia Conversations:

Driving, Doctor Visits, Legal and Financial Planning

This education workshop offers helpful tips to assist families with difficult conversations around dementia, including going to the doctor, deciding when to stop driving and making legal and financial plans. The objectives are to share tips about having these tough conversations, to reinforce the need to plan ahead and create a care team, connect all attendees to helpful resources to enhance the quality of life for all involved and to provide the opportunity to hear from others who are dealing with similar issues.

Location:

Aging & Disability Resource Center
Lower Level, Room A
50 N. Portland Street
Fond du Lac

Presented by:

Ginny Nyhuis
Regional Service Manager
Alzheimer's Association
Southeastern Wisconsin Chapter

Date and Time:

Wednesday, Sept. 14, 2016
2:00 – 4:00 pm

Registration:

Call Deborah Klement at
800.272.3900 or 414.479.8800;
e-mail: dklement@alz.org

alzheimer's  association®

Southeastern Wisconsin Chapter
620 S. 76th Street, Suite 160
Milwaukee, WI 53214

414.479.8800 | Phone
800.272.3900 | 24/7 Helpline
www.alz.org/sewi
Hablamos Español, 414.431.8811





alzheimer's association®

Memory Cafés provide opportunities for persons diagnosed with MCI, early to moderate Alzheimer's disease or other types of dementia, their care partner(s) and/or family to engage with peers in a relaxed, unstructured environment.

It's a time and place to share stories, laugh, cry, share concerns and celebrate without feeling embarrassed or misunderstood in an atmosphere that promotes social engagement and support through interaction with others experiencing similar lifestyle changes.

COME JOIN US!

June 23, 2016

TimeSlips. Time to brush off your creativity and imagination hats and take a stab at story writing. It's fun and uses our brain to think 'outside the box.'

July 28, 2016

Make Your Own Kind of Music. Let's talk about the impact that music has through the Music & Memory program and Alive Inside video. It's amazing what a simple tune can turn on.

August 25, 2016

Name that gadget. What was that thing-a-ma-jig called? Join us for some fun and memories about the tools we used to use. Do you have one that will stump the group?

September 22, 2016

I Love To Laugh! Let's exercise our laughter muscle. Join us to "forget your troubles, come on get happy!" Bring your favorite joke or funny story!

October 27, 2016

The Alzheimer's Poetry Project. For those who never liked poetry – here's an out loud call and response opportunity to learn what you're missing.

November 24, 2016

Armchair Travel. Where would you like to travel to without leaving Fond du Lac? Let's go places we've never been to before.

December 22, 2016

ONE MEMORY AT A TIME. Write your own mini-book of firsts.

4TH THURSDAY OF EACH MONTH | 1:00 – 2:30 P.M.
FOND DU LAC FAMILY YMCA – Board Room | 90 W. Second Street
Contact: Mary Patricia Voell | 414.779.8484



CAFÉ PARTNERS
Fond du Lac Family YMCA,
Legacies: Family & Organizational Historians



www.alz.org/sewi

24/7 Helpline 800.272.3900

Hablamos Español 414.431.8811

ADRC of Fond du Lac County (920) 929-3466 50 N. Portland St. Fond du Lac, WI



Save the date!

**The 2016 Wisconsin Self-Determination Conference
will be Nov. 8-10, 2016**

at the Kalahari Resort in Wisconsin Dells.

The Wisconsin Self-Determination Conference works to empower people with disabilities in Wisconsin to have more control over their lives. This year's theme is **Count Me In!** Be sure you are counted this election year by voting. Be sure to reach out to ALL people in your community that still do not have a voice! Join us as we explore ways you can and do make a difference.

More than 600 people each year participate in the conference to learn more about self-determination and SDS so they can live independently, be members of their communities, and use public funds efficiently. The conference participants include people with disabilities and their family members, direct care providers, and professionals from Wisconsin's disability community.

**Check out the conference website for more
information!**

<http://www.wi-bpdd.org/sdc/>

Fond du Lac Honor Walk

Saturday, September 17th at 10:30AM

Taylor Park, 115 S. Hickory St. Fond du Lac, WI

**Honor Ceremony to recognize Veterans
with a Special Recognition For Vietnam
Veterans**

**Veterans, families and proud citizens are
welcome to come celebrate with us**

Come thank them for their amazing sacrifice

Color Guard, pinning ceremony, band and much more



Sponsored by Heartland Hospice and ManorCare of Fond du Lac



MUSIC & MEMORYSM is a non-profit organization that brings personalized music into the lives of the elderly or infirm through digital music technology, vastly improving quality of life.

The Fond du Lac County Aging and Disability Resource Center is working on introducing this program for individuals living in the community. Please watch our next newsletter for more information about the program or contact the ADRC at (920) 929-3466 to find out more information.

ADRC of Fond du Lac County (920) 929-3466 50 N. Portland St. Fond du Lac, WI



50 North Portland Street
Fond du Lac WI 54935

If your organization is interested in submitting an article to the newsletter, please contact Jaclyn Jaeckels (920) 929-7506, TTY: Use Relay (711), or email adrc@fdlco.wi.gov.

**If you would like to request to be on the mailing list
for our newsletter please call
(920) 929-3466, TTY: Use Relay, or email
adrc@fdlco.wi.gov.**

**Please watch for our Fall edition of The Portland Resource
in September 2016!!**